



City of Newton, MA

INVEST IN YOURSELF

April 2012 Health and wellness newsletter for employees

EMPLOYEE HEALTH FAIR APRIL 25

BLOOD PRESSURE & HEALTH MAINTENANCE CLINIC

CITY HALL
ROOM 10A, 10AM
TUES., APRIL 10

FITNESS CLASSES

CHAIR YOGA
@CITY HALL
THURSDAYS 12:05
TO 12:45 PM
BEGINS APRIL 5
\$20/ 4 CLASSES

ZUMBA
@ CITY HALL
WAR MEMORIAL
THURSDAYS 5:15
TO 6:15 PM
STARTS APRIL 12
\$64/8 CLASSES

EMAIL
WELLNESS@
NEWTONMA.GOV
TO SIGN UP OR
CALL (617) 796-
1420



Plans for an exciting Employee & Retiree Health Fair are underway. Nearly 20 booths will transform the **War Memorial Auditorium** into a hub of health and wellness information.

The fair will run from **11 a.m. to 2 p.m. on Wednesday, April 25**. All employees and retirees are welcome.

The theme of this year's fair is "Prevention and Personal Responsibility."

Participants include: Newton-Wellesley Hospital, the Health & Human Services Department, the Parks and Recreation De-

partment, Whole Foods, the city's health insurers and benefits providers, a massage therapist and several other vendors providing important health screenings.



Free healthy snack samples will be provided. Those attending the fair can also enter their names into the raffle for great prizes including gift certificates to local restaurants and shops, a massage, and more.

"This is a great opportunity for employees and retirees to learn more about benefits the city offers, and take advantage of important health screenings," said Human Resources Director Dolores Hamilton. "There will also be great giveaway and raffle items, so it's definitely worth your time to stop by."

HYDRATION TIPS FOR YOUR HEALTH

Employees who regularly work outside in a hot or humid environment, or who wear bulky protective clothing and equipment are at risk of heat illness.

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke requires **immediate medical attention**.

Follow these tips to prevent heat ill-

ness:

Water: Drink water every 15 minutes, even if you are not thirsty. You should drink a pint (16 ounces) of water every hour. Avoid drinks with alcohol or caffeine.

Rest: Relax during scheduled breaks.

Shade: Rest in the shade, but not under equipment that could be hazardous. If possible, wear lightweight, light colored, loose fitting clothing. Know the location

where you are working in case you need to call for help.

If heat illness is suspected, seek help immediately.





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MANAGING SEASONAL ALLERGIES

The sneezing and watery eyes of seasonal allergy sufferers have begun.

Here are some steps you can take to minimize allergens and irritants such as dust mites, pollen and mold:

- Keep windows closed during pollen season, especially during the day.
- Stay inside during mid-day and afternoon hours when pollen counts are highest.
- Take a shower, wash your hair, and change clothing after working or playing outdoors.
- Remove or limit carpeting in the home. If possible, replace it with hardwood, vinyl, or linoleum floors



that are easier to clean.

- Change air conditioning and furnace filters every three months, and use filters with a MERV rating of 8 to 12. A MERV rating tells you how well the filter can remove dust from the air as it passes through the filter.
- Cover mattresses, box springs and pillows with removable and washable allergen resistant coverings
- Wash bedding and stuffed animals weekly in hot water.
- Use a de-humidifier.
- For additional tips, visit the American College of Allergy, Asthma and Immunology website at www.acaai.org

2 SHARPS DISPOSAL LOCATIONS

Sharps (needles and lancets) used for administering medication for people or pets can be safely disposed of by Newton residents and employees at two convenient locations.

The locations are: Newton City Hall Customer Service, 1000 Commonwealth Ave, and the Newton Health Department, 1294 Centre St.

The hours are: 8:30 a.m. to 5 p.m., Monday through Friday; Tuesdays until 8 p.m.

Sharps must be in a puncture proof container such as a detergent bottle or red medical waste container. More information is available in the Sharps Brochure at www.newtonma.gov

SPRING CLEAN YOUR MEDICINE CABINET

Medication Take Back Day will be held on **Saturday, April 28 from 10 a.m. to 2 p.m.** behind the Newton Police Department, 1321 Washington St.

This event, which takes place at locations throughout the country, is an opportunity for anyone to bring prescription and over-the-counter solid medications for safe disposal.

Properly disposing of medication helps keep it out of the water supply, and can help prevent illicit use or accidental ingestion.

"If you're not going to use the medication, it is best to get rid of it for safety," said Newton Police Capt. Edward Boudreau.

The program is sponsored by the Drug Enforcement Agency who will collect and incinerate the medication after the Take Back Day.

A list of additional collection sites is available at

<https://www.deadiversion.usdoj.gov/SEARCH-NTBI/>

For questions, call Boudreau at 617-796-2146.

